### **Medicines To Help You**



# HIV and AIDS

If you are one of the thousands of women infected with HIV, there is hope. There are drugs that can treat HIV and help people live longer.

Use this booklet to help you talk to your healthcare provider about the medicines you are taking. It provides some basic facts about the anti-HIV medicines that have been approved by the FDA.



## **HIV Medicines**

This booklet lists the names and some basic facts about the different kinds of medicines used to treat HIV. You and your doctor will decide which ones are right for you.

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### **U.S. Food and Drug Administration (FDA)**

### **HIV/AIDS Information**

www.fda.gov/ForConsumers/ByAudience/ForPatientAdvocates/HIVandAIDSActivities/ucm117891.htm

### **Women's Health Information**

www.fda.gov/womens

## **Quick Facts**

There is a lot you need to know about HIV. Read these quick facts before you talk with your health care provider about your HIV treatment.

HIV stands for Human Immunodeficiency Virus.

- HIV makes it hard for your body to fight off sickness. There are cells in your blood called "CD4 cells' or "T cells". These cells help protect your body from disease. HIV kills these cells.
- There are medicines that you can take to slow the build-up of HIV and increase the CD4 cells in your body. These medicines do not cure HIV. You can still give the disease to someone else.
- The medicines used to treat HIV are called "antiretroviral treatment" or ART. There are different kinds of ART medicines.
- People with HIV may need to take 3 or more different medicines every day. The combination of different HIV medicines that you take is called your regimen.

It is important that you take your medicines every day. Do not stop taking your medicines without first talking to your health care provider.

A pregnant woman with HIV can take medicine to lower the chance of giving her baby HIV. Some anti-HIV medicines should not be taken during pregnancy because they can cause birth defects.

### **Questions to Ask Your Doctor**

Talk to your health care provider or HIV counselor to get the facts about your medicines. Here are some questions to help you get started.

What drugs am I taking? When should I take each drug?	
Should I take my medicines with food?	
Which medicines or herbs (like St. John's Wort) can affect my HIV medicines?	
How should I store my HIV medicines? What about when I am away from home or go out of town?	

### **Ask about the Risks and Side Effects**

HIV medicines can sometimes cause side effects. Some side effects happen for a short time. Other side effects can cause long term health problems. Tell your doctor about any side effects you are having. **Do not stop taking your medicine without first talking to your doctor**. Your doctor may tell you tips to help you cope with the side effects. The doctor may also decide to have you take different drugs.

- This booklet does not give the specific side effects and warnings for each HIV medicine.
- Talk to your doctor about the side effects and warnings for the medicines you take.
- Check the FDA website to find more HIV drug information: www.fda.gov/ForConsumers/ByAudience/ForPatientAdvocates/ HIVandAIDSActivities/ucm118915.htm

## **My Medicine Schedule**

It is important that you take your HIV medicines exactly as your doctor tells you. The medicines may not work correctly if you skip a pill and do not adhere to (stick to) your schedule. When you skip pills, it is easier for your HIV to become resistant to your medicines. The medicines will stop working and more HIV will start to build up in your body. Over time, you can get very sick if you do not take your medicines as directed.



## Tips to help you remember when to take your HIV medicines:

- Use a schedule or planner.
- Set the alarm on your watch or phone.
- Use a pillbox to help organize your pills.
- · Ask a friend or family member to help you.

Time	Drug Name	Dose (How many pills)	Notes
6:30	XXX (example)	1 Pill	Take with food

## **Nucleoside Reverse Transcriptase Inhibitors**

Brand Name	Other Names
Combivir*	lamivudine and zidovudine
Emtriva	emtricitabine FTC
Epivir	lamivudine 3TC
Epzicom*	abacavir and lamivudine
Retrovir	zidovudine, AZT, azidothymidine, ZDV
Trizivir*	abacavir, zidovudine, and lamivudine
Truvada*	tenofovir disoproxil fumarate and emtricitabine
Videx	didanosine, ddl, dideoxyinosine
Videx EC	enteric coated didanosine
Viread	tenofovir disoproxil fumarate TDF
Zerit	stavudine d4T
Ziagen	abacavir sulfate, ABC

<sup>\*</sup> Combivir, Epzicom, Trizivir, and Truvada are combination drugs.

See page 18 for more information.

### **Nucleoside Reverse Transcriptase Inhibitors**

This guide does not give all of the specific side effects or warnings for each drug. Check the drug label and talk to your doctor about the side effects and warnings for the HIV medicines you are taking.

### **Important Tips**

- Do not breastfeed while taking these medicines.
- These medicines may cause lactic acidosis (too much acid in the blood).
- These medicines may cause serious liver or pancreas problems.
- People with liver problems, including hepatitis and people with kidney problems, should talk to their doctor before taking these medicines.
- In some cases, people taking HIV medicines notice changes in body fat (like extra fat in the neck or upper back or loss of fat in the face or arms).

### **Warning Signs**

# Call your doctor right away if you have any of these signs:

- Stomach pain with nausea and vomiting
- Feeling very weak or tired
- Problems breathing
- Weakness in arms and legs
- Tingling, numbness, or pain in feet or hands
- Jaundice (skin or eyes look yellow)
- Pain in the upper or lower stomach area

- Trouble sleeping
- Headache
- Feeling tired
- Upset stomach/ mild nausea
- Vomiting
- Diarrhea
- Dizziness
- Do not feel like eating

## Non-Nucleoside Reverse Transcriptase Inhibitors

Brand Name	Other Names
Edurant	rilpivirine
Intelence	etravirine
Rescriptor	delavirdine DLV
Sustiva	efavirenz EFV
Viramune	nevirapine NVP
Viramune XR (extended release)	nevirapine NVP

### Non-Nucleoside Reverse Transcriptase Inhibitors

This guide does not give all of the specific side effects or warnings for each drug. Check the drug label and talk to your doctor about the side effects and warnings for the HIV medicines you are taking.

### **Important Tips**

- Do not breastfeed while taking these medicines.
- Women with CD4 counts higher than 250 should talk to their doctor about the risks of taking Viramune (nevirapine).
- These medicines may cause serious liver problems or severe skin rashes.
- People with liver problems including hepatitis and people with kidney problems should talk to their doctor before taking these medicines.
- In some cases, people taking HIV medicines notice changes in body fat (like extra fat in the neck or upper back or loss of fat in the face or arms).

#### **Warning Signs**

# Call your doctor right away if you have any of these signs:

- Flu-like symptoms
- Feeling tired
- Do not feel like eating
- Dark urine (looks like tea)
- Pale stools
- Jaundice (skin or eyes look yellow)
- Pain, aches, or sensitivity to touch on right side below your ribs

Also call your doctor right away if you have a severe rash along with blisters, swelling, pink eye, fever, muscle/joint pain, or mouth sores.

- Skin rash
- Upset stomach
- Dizziness
- Depression/changes in your mood
- Problems concentrating
- Feeling tired

- Vomiting
- Trouble sleeping
- Headache
- Diarrhea
- Strange dreams

## Protease Inhibitors

Brand Name	Other Names
Aptivus	tipranavir TPV
Crixivan	indinavir IDV
Invirase	saquinavir mesylate SQV
Kaletra*	lopinavir and ritonavir LPV, RTV
Lexiva	fosamprenavir calcium FOS-APV
Norvir	ritonavir RTV
Prezista	darunavir
Reyataz	atazanavir sulfate ATV
Viracept	nelfinavir mesylate NFV

<sup>\*</sup>Kaletra is a combination drug. See page 18 for more information.

### **Protease Inhibitors**

This guide does not give all of the specific side effects or warnings for each drug. Check the drug label and talk to your doctor about the side effects and warnings for the HIV medicines you are taking.

### **Important Tips**

- Do not breastfeed while taking these medicines.
- These medicines may affect your birth control pills or patch. You may need to use another method of birth control.
- Tell your doctor about all medicines that you are taking. Protease Inhibitors may cause serious health problems or death if mixed with other medicines.
- These medicines may cause serious liver problems.
- These medicines may cause increased bleeding in people with hemophilia.
- These medicines may make diabetes worse or cause people to get diabetes.
- Some people taking Protease Inhibitors notice large increases in their cholesterol (triglycerides).
- In some cases, people taking HIV medicines notice changes in body fat (like extra fat in the neck or upper back or loss of fat in the face or arms).

### **Warning Signs**

# Call your doctor if you have any of these signs:

- Serious skin rash
- Feeling very weak or tired
- Unusual muscle pain
- Trouble breathing
- Stomach pain with nausea and vomiting

- Rash
- Diarrhea
- Nausea (upset stomach)
- Vomiting
- Feeling tired
- Headache

## Integrase Inhibitors

Brand Name	Other Names
Isentress	raltegravir
Tivicay	dolutegravir
Vitekta	elvitegravir

### **Integrase Inhibitors**

This guide does not give all of the specific side effects or warnings for each drug. Check the drug label and talk to your doctor about the side effects and warnings for the HIV medicines you are taking.

### **Important Tips**

- Before you take these medicines, tell your doctor if you are pregnant or plan to become pregnant.
- Do not breastfeed while taking these medicines.
- Tell your doctor about all medicines that you are taking. Integrase Inhibitors may cause serious health problems or death if mixed with other medicines.
- In some cases, people taking HIV medicines notice changes in body fat (like extra fat in the neck or upper back or loss of fat in the face or arms).

#### **Serious Side Effects**

- Serious skin rash
- Liver problems

- Diarrhea
- Nausea
- Feeling tired
- Headache
- Trouble sleeping

# **Fusion Inhibitors**

Brand Name	Other Names
Fuzeon	enfuvirtide T-20
This medicine is a shot.	

### **Fusion Inhibitors**

This guide does not give all of the specific side effects or warnings for each drug. Check the drug label and talk to your doctor about the side effects and warnings for the HIV medicines you are taking.

### **Important Tips**

- Do not breastfeed while taking Fuzeon (enfuvirtide).
- People taking Fuzeon (enfuvirtide) with other HIV medicines may be more likely to get pneumonia. Tell your doctor if you have a cough, fever, or trouble breathing.
- In some cases, people taking HIV medicines notice changes in body fat (like extra fat in the neck or upper back or loss of fat in the face or arms).

### **Warning Signs**

Fuzeon may cause serious allergic reactions. Call your doctor right away if you have any of these signs:

- Trouble breathing
- Fever with vomiting and a skin rash
- Blood in urine
- Swelling of the feet

- Itching, redness, pain, bumps, or swelling where the shot is given
- Pain and numbness in feet or legs
- Problems sleeping
- Depression
- Weakness or loss of strength
- Muscle pain
- Constipation

## CCR5 Antagonists

Brand Name	Other Names
Selzentry	maraviroc

### **CCR5 Antagonists**

This guide does not give all of the specific side effects or warnings for each drug. Check the drug label and talk your doctor about the side effects and warnings for the HIV medicines you are taking.

### **Important Tips**

- Do not breastfeed while taking Selzentry (maraviroc).
- People with liver problems including Hepatitis B or C should talk to their doctor before taking Selzentry (maraviroc).
- People with kidney problems or heart problems should talk to their doctor before taking Selzentry (maraviroc).
- Tell your doctor if you are taking high blood pressure medicines or if you have low blood pressure.
- Do not drive a car or use heavy machinery if you feel dizzy while taking Selzentry (maraviroc).

### **Warning Signs**

# Call your doctor right away if you have any of these signs:

- Itchy rash on your body
- Blisters in your mouth or on your skin
- Jaundice (skin or eyes look yellow)
- Dark urine (looks like tea)
- Vomiting and stomach pain

### **Serious Side Effects**

- Serious skin rash
- Liver problems

- Cold
- Cough
- Rash
- Fever
- Dizziness

# **Combination Drugs**

<b>Single Tablet Regimen</b> You only take 1 pill each day.		
Brand Name	Other Names	
Atripla	efavirenz, emtricitabine, and tenofovir disoproxil fumarate	
Complera	emtricitabine, rilpivirine, and tenofovir disoproxil fumarate	
Stribild	elvitegravir, cobicistat, emtricitabine, and tenofovir disoproxil fumarate	
Triumeq	abacavir, dolutegravir, and lamivudine	

<b>Fixed-dose Combination</b> You take these combination drugs along with other HIV drugs.		
Brand Name	Other Names	
Combivir	lamivudine and zidovudine	
Epizicom	abacavir and lamivudine	
Evotaz	atazanavir and cobicistat	
Kaletra	lopinavir and ritonavir	
Prezcobix	darunavir and cobicistat	
Trizivir	abacavir, zidovudine, and lamivudine	
Truvada	tenofovir and emtricitabine	

## **Combination Drugs**

Combination drugs include two or more different medicines in one pill. Check the drug label and talk your doctor about the side effects and warnings for the combination HIV drugs you are taking. This guide does not give all of the specific side effects or warnings for each drug.

### **Important Tips**

- Do not breastfeed while taking these medicines.
- Do not get pregnant while taking Atripla.
- Hormonal forms of birth control (pills, patch, injections, vaginal ring or implant) may not work while taking Evotaz. Talk to your doctor about other forms of birth control that may be used.

## **CYP3A Inhibitors**

Brand Name	Other Names
Tybost	cobicistat COBI

This guide does not give all of the specific side effects or warnings for each drug. Check the drug label and talk your doctor about the side effects and warnings for the HIV medicines you are taking.

### **Important Tips**

- Before you take this medicine, tell your doctor if you are pregnant or plan to become pregnant.
- Do not breastfeed while taking this medicine.
- Before you take this medicine, tell your doctor if you have kidney or liver problems.

#### **Serious Side Effects**

New or Worse Kidney Problems, Kidney Failure

- Skin or Eyes look yellow
- Nausea



Pregnancy Exposure Registries are research studies that collect information from women who take prescription medicines or vaccines during pregnancy.

Pregnancy registries can help women and their doctors learn more about how HIV medicines affect women during pregnancy.

The FDA does not run pregnancy studies, but it keeps a list of all registries. Learn more about the registry for HIV medicines at: www.fda.gov/pregnancyregistries

## **HIV/AIDS Resources**



- AIDS.gov
- Food and Drug Administration (FDA) www.fda.gov/ForConsumers/ByAudience/ ForPatientAdvocates/HIVandAIDSActivities/default.htm
- Health Resources and Services Administration (HRSA) http://hab.hrsa.gov/gethelp/index.html
- National Institutes of Health (NIH) www.aidsinfo.nih.gov
- Centers for Disease Control and Prevention (CDC) www.cdc.gov/hiv





### To get other women's health materials, go to: www.fda.gov/womens

This booklet was developed by the FDA Office of Women's Health. This booklet should not be used in place of talking to your healthcare provider or reading the label for your medicine. The drug and risk information may change. Check the FDA website for the latest facts for each product listed in this booklet.